

# SCUTTLEBUTT

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Naval Hospital Camp Lejeune

*"We Build Strength Through Caring"*

JUNE 2011

Navy corpsman rendering care to a wounded Marine in Vietnam in 1968.  
Photo courtesy of BUMED Archive

**113 YEARS OF TRADITION, VALOR, AND SACRIFICE  
HOSPITAL CORPSMAN, WE SALUTE YOU!**

**Inside: Hospital implements Code Yellow—NHCL Members of the Quarter**

# Safety, disaster preparedness and fun!



Summertime is upon us and many of you will enjoy some much deserved rest and relaxation, either here in beautiful eastern North Carolina or back home with family. The warm weather opens up a number of fun options that simply do not exist during the long cold winter. Unfortunately, with the arrival of this great weather comes an increase in injury and illness.

Some of you may dust off the running shoes and hit the trails to find that you are not properly hydrated for the summer heat. Others may go to the beach for some swimming only to find themselves being drawn out to sea by an unexpected rip current.

These are just two of the many examples where a small error in judgment can lead to disastrous consequences. All can be easily

avoided with just a little planning. I ask each of you to have a plan - a plan for the hurricane season, a plan for your boating trip, even a plan for your trip to Myrtle Beach. A wise man once wrote, "If you fail to plan, you plan to fail."

The command needs all of you to be at your best in order to reach our goals. Make sure you come back from your vacation rested, recuperated and most importantly, ready to carry out the mission of the command. We can't do it without you and the loss of even a single staff member to a preventable hazard is one loss too many.

Look out for each other this summer, and thanks for all that you do here at Naval Hospital Camp Lejeune.

Warm regards,

Terry J. Prince (FMF/SW/AW)  
Command Master Chief  
Naval Hospital Camp Lejeune

## Rear Adm. Gintzig visits NHCL



U.S. Navy photo by Hospitalman Timothy Buchheit

*Rear Adm. Donald Gintzig, deputy chief, Medical Operations and Future Plans, Bureau of Medicine and Surgery, discusses hospital operations with Capt. Daniel Zinder, commanding officer, Naval Hospital Camp Lejeune during his visit on May 5.*

## scut-tle-butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff to get 'insider info'

## SCUTTLEBUTT



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## Congratulations Members of the Quarter and Capt. selects!

BRAVO ZULU  
NHCL STAFF!



*Naval Hospital Camp Lejeune command leadership pose with first and second quarter 2011 Members of the Quarter recipients after an awards ceremony on May 12. Front row, pictured left to right: **Hospitalman Christopher Brown**, Orthopedics Department, Blue Jacket of the Quarter; **Lynn Bowden**, Central Sterile Supply, Civilian (Category II) of the Quarter; **Jeanette Dion**, Health and Wellness Department, Contractor of the Quarter; **Robert Arbeene**, Anesthesiology Department, Contractor of the Quarter; **Lt. Brad McLaughlin**, Orthopedics Department, Officer of the Quarter; **Donna Jackson**, Hadnot Point Branch Clinic, Civilian (Category I) of the Quarter; **Hospital Corpsman 2nd Class Courtney Miller**, Camp Geiger Branch Clinic, Junior Sailor of the Quarter; and **Hospital Corpsman 1st Class Jamie Davis**, Obstetrics and Gynecology Department, Sailor of the Quarter. Back row, pictured left to right: **Cmdr. Matthew Case**, acting executive officer; **Capt. Daniel Zinder**, commanding officer; and **Command Master Chief Terry Prince**.*

Congratulations to NHCL Captain selects **Cmdr. Steven Blivin**, Branch Clinics; **Cmdr. Kim Forman**, NHCL individual augmentee; **Cmdr. William Beutel**, Dental; and **Cmdr. Elizabeth French**, Labor and Delivery Department.

## NHCL hosts first annual residency research symposium

By Lt. Megan Sick  
Family Medicine Clinic

Naval Hospital Camp Lejeune Family Medicine Residency Program held the first annual Camp Lejeune Family Medicine Residency Research Symposium on May 20. The symposium showcased original research, case reports, and process improvement projects compiled by 10 family medicine residents.

Following breakfast, residents presented five research projects, including: second-year resident, Lt. Keith Claussen's original research and third-year resident Lt. Eric Vaught. Dr. Claussen presented his original research which evaluated the use of two different hemostatic agents (tranexamic acid and activated factor VII) in severe hemorrhage shock in rat models. Dr. Vaught

was the most active resident at the symposium presenting two case reports and a process improvement project. Oral presentations were followed by poster presentations and symposium guests enjoyed lunch while they moved between posters, reading and asking questions to the poster presenters.

"The symposium gave the residents the opportunity to showcase their projects," explained Dr. Phyllis MacGilvray, family medicine residency program director. "Each resident did well and demonstrated exceptional merit in their presentations of scholarly inquiries."

The keynote speaker, Capt. Ben Balough is an Otolaryngologist by training; however, he currently serves as the Deputy Director of Clinical Research at the Naval Medical Research and Development Center, Navy Medicine Institute for Medical Humanities and

# Navy "Docs" ... helping the sick and injured for 113 years

By Religious Program Specialist 3rd Class Joshua Bloodgood  
Pastoral Care



Navy corpsmen participating in a humanitarian relief operation after a 7.2 magnitude earthquake occurred in Sicily on Dec. 28, 1908.

Photo courtesy of BUMED Archive



First female Navy corpsmen pictured in 1944.

Photo courtesy of BUMED Archive

Corpsman. Hospitalman. Devil-doc. From quad-zero to 8404, dental tech to pharmacy tech, rising to the occasion, being trustworthy, and fearlessly doing their job may very well define a corpsman. They are also the attributes it takes for corpsmen to earn the title "doc." But, no matter what you call them, the U.S. Navy hospital corpsmen have spent the past 113 years ensuring the safety and well-being of Sailors, Marines, retirees and their families.

"When I was 18 years old, I was a dental tech, but still a hospital corpsman. I heard a Marine call me 'doc,' and I really didn't understand what that meant until shortly thereafter," recalled Command Master Chief Terry Prince. "You'll see how you train together; you live together; you fight together; and you basically become a Marine brother. The term 'doc' is such a term of endearment. It means that you're trusted."

From within hospital walls to the fields of battle, hospital corpsmen have bravely answered their nation's call for duty, along with the calls of help from their injured and ill-stricken comrades.

This is demonstrated on a daily basis by corpsmen serving at Naval Hospital Camp Lejeune.

"The corpsmen are obviously a very tremendous

group of people in the Navy. I hope all the corpsmen are as proud of themselves as I am of them, because it is a pleasure to serve with them," said Capt. Daniel Zinder, commanding officer.

A sentiment that was echoed by Prince.

"I'm privileged to be the Command Master Chief of a facility that has so many good corpsmen serving their country," said Prince. "We truly have heroes walking amongst us."

The corpsmen do indeed, have a lot to be proud of.

Since former President William McKinley signed a bill to establish the Navy Hospital Corps on June 17, 1898, heroism and valor have been a common trait. During the World War I, hospital corpsmen earned a total of 684 personal awards, which include 2 Medals of Honor, 55 Navy Crosses and 237 Silver Stars; that same heroism is being displayed in our current conflicts abroad.

Since corpsmen go where their Marines go, they are often placed directly in the line of fire. Many corpsmen at NHCL have already served in conflicts abroad, and other NHCL corpsmen are currently serving abroad. Called individual augmentees, these corpsmen temporarily leave their NHCL job duties to augment a military unit deployed overseas. When the deployment ends, the



HM3 Blackwell, Security  
HM3 (EMF) Park, Medical Boards



HM2 Forti, Laboratory  
HM3 Lynn, Laboratory



HN Otero, Obstetrics and Gynecology Department  
HN Kim, Obstetrics and Gynecology Department

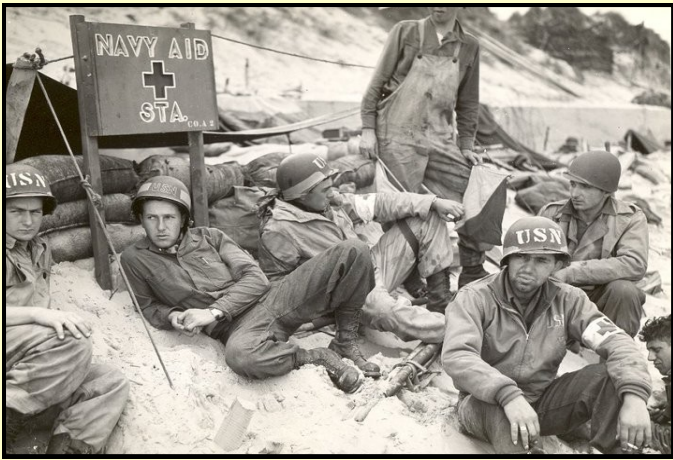


HN Slusher, Biomedical Department  
HM2 Trusdell, Biomedical Department



HM2 Taylor,





*Navy corpsmen getting a rest on the beaches of Normandy in 1944.*  
Photo courtesy of BUMED Archive



*Two Navy corpsmen shield a wounded Marine as they await the arrival of a medical evacuation helicopter during fighting near the demilitarized zone in South Vietnam in 1966.*

Photo by Kim Ki Sam

corpsmen return to their hospital duties at NHCL.

NHCL has more than 70 corpsmen deployed overseas serving in IA roles at duty stations located from Bahrain and Germany to Africa and Afghanistan.

“The corpsman’s role is probably one of the most significant roles on the battlefield,” said Zinder. “[Marines] know if the corpsman is there, they are going to be safe and taken care of if they get injured. I don’t think the guys in the units would fight nearly as hard if they didn’t know the corpsmen were there.”

Capt. Zinder recalled a story about a young hospital apprentice from Zinder’s time in Iraq.

“It was the first week that the hospital apprentice was in Iraq, and he was in the regimental aid station. The medical team had cut something off of somebody’s arm, and something made the apprentice sick. About ten minutes later he was puking his guts out just behind the door,” explained Zinder. “The next day, that same apprentice was out on a patrol and somebody got blown up. He cric’d that person and saved his life.”

But the corpsman’s importance extends beyond the battlefield. NHCL also provides Navy medicine support with corpsmen serving in independent duty corpsman billets. Independent duty corpsmen are often the primary

medical support available to Marines and Sailors.

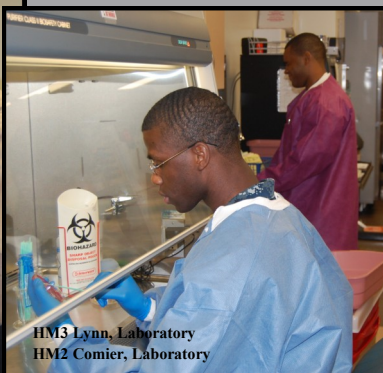
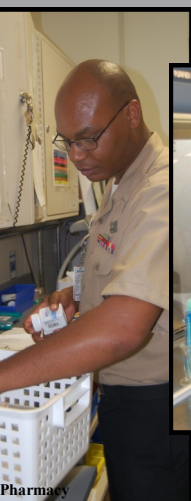
NHCL’s medical departments and branch clinics are also staffed with corpsmen serving in roles from dental technicians to administrative personnel to laboratory technicians.

In an effort to express gratitude for all the services that the corpsmen provide to Marines, Sailors, retirees and their families, NHCL and Marine Corps Base Camp Lejeune are joining forces in celebration of 113 great years.

Events scheduled for the week of June 13 include a cake-cutting ceremony; physical fitness events with Semper Fit; a picnic; and last but not least, the Hospital Corpsman Ball held on the Cape Fear Riverboat Henrietta III on June 17.

Command leadership urges NHCL staff to jointly celebrate not only the corpsmen, but the other Sailors that support the hospital as well. Zinder and Prince noted how it takes teamwork from all the Navy ratings to make the hospital function.

“Celebrating the hospital corpsman birthday is important, but it is also important to put our arms around our honorary ‘docs’ and make sure that they know they’re loved as well,” said Prince. “After all, the most common place that I see heroism everyday is right here in this hospital.”



HM3 Lynn, Laboratory  
HM2 Comier, Laboratory



HM3 Blair, Plans, Operations and Medical Intelligence  
HMCS Cassell, Plans, Operations and Medical Intelligence  
HM2 Ford, Plans, Operations and Medical Intelligence



HM2 Pitts, Operating Room

# HOSPITAL ROUNDS

You are cordially invited to attend the  
Naval Hospital Camp Lejeune  
Family Medicine Residents  
graduation ceremony

**July 1, 2011**

**9:00 a.m.**

**Marston Pavilion**

**Congratulations class of 2011!**

## **Staff Appreciation Day**

**June 24, 2011**

**11:00 a.m. – 1:00 p.m.**

**barracks complex**

Open to all NHCL employees, volunteers and families. For more information call Heidi Anastasia at 451-3399.



### **myPay has gone mobile!**

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View your pay statement or enter a transaction from virtually anywhere. If your mobile device has a web browser, go to <https://myPay.dfas.mil> to access your account.

## **Navy Nurses' Ball 2011**



*Capt. Thomas Armel, director, Traumatic Brain Injury and Cognitive Rehabilitation Program, and Ensign Aileen Sizemore, Staff Education and Training Department, cut the birthday cake at the 2011 Nurses' Ball May 13. Armel and Sizemore, both nurses with the Navy Nurse Corps, represent the most and the least amount of time in service.*

## **Be alert; stay safe!**

### **What do you do in a Code Yellow?**

**Immediate danger / shooter / incident**

#### **SEEK**

**cover or escape**

#### **CALL**

**911 and or 450-4911**

#### **SECURE**

**yourself, patients, your location**

#### **LOCKDOWN**

**follow procedures, stay silent**

#### **MITIGATE**

**lock door, limit movement, turn off lights**

#### **ACCOUNT**

**for personnel and patients, then report**

#### **WAIT**

**for the "All clear" signal from authorities**

**ALL NHCL staff have individual roles and responsibilities in each code situation!**

**Please see your department's Emergency Code Response Assignment Roster for your instructions. Contact Mark Starnes, NHCL emergency manager, for more information.**

**NHCL will hold a 90-minute introduction to the Creighton Model of Fertility Care for couples or single women who would like to learn about natural planning on June 16 at 4:00 p.m. Call 450-4564 to register.**



## Be your B-E-S-T!



**I**rene Sargent is the populations health specialist for Naval Hospital Camp Lejeune. Sargent explains just what it means to be your “best,” and challenges YOU to be your “best” and invest in your health!

**B – Bones.** Do you remember the old saying, “Sticks and stones may break your bones?” Well, it is right! Building strong bones before the age of 35 helps slow the rate of bone loss later on. There are mini-steps that reap great rewards. Get calcium from foods such as tofu, sardines, almonds and green leafy vegetables. Get Vitamin D from Vitamin D fortified

milk, fish oil or a 15 to 20 minute walk with sunscreen. Avoid smoking and alcohol that reduces bone mass and replace with it lifting weights three to four times for 20 to 30 minutes per week. Don’t be a Humpty Dumpty! Preventing Osteoporosis and weak bones will protect you from a life of frequent falls and easily broken bones.

**E – Exercise and nutrition.** Sitting in front the TV with the remote or text messaging does not count. Exercise is the one gift you can count on for lowering the risks of many diseases, including: cancer, diabetes and heart disease, and exercise raises good levels of cholesterol. How do you start? One step at a time! Add steps to your daily count. Go to the gym. Or simply walk outside. The goal is to move at least 30 minutes a day three to five times a week. Exercise has a dynamic partner, and it is nutrition! Eating the right foods will supply our energy. Think about the food pyramid!

**S – Stress.** We all experience it. It is perhaps one of the major perpetrators for health problems today. You have to find an outlet for the stress monster such as yoga, spirituality, music, healthy meals or exercise. Sleeping seven to eight hours and avoiding too much caffeine and sugar also reduces your susceptibility to stress.

**T – Tone.** Remember how Popeye the Sailor had to eat spinach to make him strong? You can do that with toning! A sedentary lifestyle causes you to lose muscle throughout your body. In other words, being a couch potato may be a life sentence to limited movement in the golden years. Toning greatly improves flexibility and strengthens the muscles around the joints. If you don’t have bands or weights, use a five-pound can of spinach to tone your muscles! Being the “best” you can be does not only reap benefits for our patients, but for you! You are the “best”, so why not start investing in your health today? It is never too late and never too early to celebrate you!

*Do you or someone you know have a talent that should be featured in the Quarterly Staff Member Showcase column? Whether it is a commitment to the community, talented writing skills, or a remarkable accomplishment, we want your human-interest stories! Submit the information to the Public Affairs department at [nhclpao@med.navy.mil](mailto:nhclpao@med.navy.mil) by Aug. 15 to be considered for the next quarter. Please keep all submissions to one-half page in length.*

## Trauma and spirituality

**Lt. Cmdr. Steven Dundas**  
**Pastoral Care**

**W**e often live our lives expecting things to always be a certain way. We do this with our career, finances, family life and our spirituality. One of the hallmarks of Americans is that we tend to assume that we know a lot more than we know. We create tight systems to make sense of life and myths about how the world ought to be.

We assume that what we create is inviolable.

However, when trauma and tragedy strike, they often have the effect of a tsunami. At Camp Lejeune, we live in a world acquainted with the trauma of war. We see the results of war’s trauma in our warriors and their families. Caregivers often vicariously experience that trauma again. Thus for the “wounded warrior healers” of Navy Medicine, the war continues.

Ten years after September 11, we like to think that we have figured out how to deal with trauma. Then, out of the blue, a tornado rips through our base housing community shattering carefully planned lives, and turning parts of our housing community into what now resembles a war zone. The tornado confronted us with the fragility of life and the physical, psychological and spiritual effects of trauma.

We are better at dealing with the physical aspects of trauma than the psychological or spiritual. Trauma can challenge our basic beliefs and create moral injuries that are often more painful and long lasting than physical loss. Thus it is important to recognize and care for these wounds.

We often think that we know it all, but trauma shows us that we don’t. Legendary Baltimore Orioles Manager Earl Weaver said, “It’s what you learn after you know it all that counts.” That’s a proper perspective.

# Center ice with Cmdr. O'Brien

By Lt. Nathan Hemerly  
Family Medicine Clinic



Eastern North Carolina isn't exactly what you'd call a hockey hot bed. While the Carolina Hurricanes aren't too far away in Raleigh, the local sports climate is dominated by Eastern Carolina University Pirates football in the fall, Atlantic Coast Conference basketball in the winter, and fishing tournaments in the summer.

The locals aren't well adapted to the climate at which hockey is played either. Those of us from the northeast who were buried by record snowfall in 2009 - 2010 were surprised to see the hysteria drummed up by few inches here last January. It all evens out though. Being from the northeast, I was probably more anxious about the passing hurricanes than most North Carolina residents.

Hockey fans are among us despite its lagging popularity, and it turns out we have a staff member who continues to play competitively. Cmdr. Joseph O'Brien, director, surgical services

remains active in local leagues based out of Wilmington. He is proof that if you love a game enough, on-call schedules, warm weather, and distance can't keep you away.

"I play once a week," O'Brien said. "I tell my wife and kids it's like my weekly golf game, except I don't wear the weird clothes they wear in golf."

O'Brien has been playing since age six. His favorite game-time memory was scoring a game-winning goal in overtime last year against a team from Cary, N.C., at the RBC Center, home of the Carolina Hurricanes (Pictured left. O'Brien standing with his team on the far left).

Fonder memories most likely come from his childhood. Not many of us can say we grew up with a sports legend like ice hockey hall of famer Bobby Orr living in our neighborhood.

"He lived right up the street from me when I was in high school. He used to come into the gas station my brother worked at, so we got lots of autographs from him," O'Brien said. "I have a picture of his game winning goal versus the St. Louis Blues on my desk at home."

If you've never given hockey a chance, there are a few opportunities to see the game live and get a taste of the speed, skill, and toughness required to play it. Aside from the Hurricanes, the Fayetteville Fireantz and Charlotte Checkers are two minor league teams within reasonable driving distance. Information about local leagues can be found online.

One of my favorite hockey memories was game six of the 2010 Eastern Conference Semifinals, which I was lucky enough to see in person. It was my soon-to-be wife's first NHL game and she claims to have enjoyed that game more than any other sporting event I've dragged her to.

One could say that hockey is great for keeping the skills of corpsmen and family medicine interns sharp!

## RESIDENTS from page 3

Research Leadership. Dr. Balough gave an informative and humorous lecture about the logistics of medical research in the Navy. At the conclusion of his lecture, Dr. Balough was presented with a certificate of appreciation by the symposium organizers.

Awards for oral and poster presentations were presented at closing to several residents. Dr. Claussen was presented with the award for best oral presentation for his work entitled, "Hemostatic Agents in a Rat Model of Severe Hemorrhage Shock." Third-year resident, Cmdr. James Stasiak, was presented an award for his poster on femoro-acetabular impingement.



*Lt. Cmdr. Robert Fell, Family Medicine Clinic, explains his clinical research to attendees at the first annual Camp Lejeune Family Medicine Residency Research Symposium on May 20.*

Also recognized for their work was the team of third-year residents, Lt. Marc Molenat, and Lt. Drew Geller for a case report about septic abortion. Finally, Dr. Vaught was given a certificate of commendation for his innovative design and implementation of the symposium.

"The inaugural family medicine research symposium at NHCL was a huge success," said MacGilvray. "As program director, I am very proud of their collaborative efforts with each other and of the effort they dedicated to this symposium. I've already heard many discussions regarding ideas for future projects among faculty and residents alike."